DOCUMENT RESUME

ED 438 078 PS 028 280

AUTHOR	Kurcinka, Mary Sheedy
TITLE	Kids, Parents, and Power Struggles: Winning for a Lifetime.
ISBN	ISBN-0-06-018288-1
PUB DATE	2000-00-00
NOTE	320p.
AVAILABLE FROM	HarperCollins Publishers, 10 East 53rd Street, New York, NY 10022-5299 (U.S., $23; Canada, $34.95). Tel: 212-207-7520; Fax: 212-207-7901.
PUB TYPE	Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	Assertiveness; Child Development; *Child Rearing; Childhood Needs; *Children; Competence; Coping; *Emotional Development; Emotional Experience; Motivation Techniques; *Parent Child Relationship; *Parents; Personality; Personality Development; *Power Structure; Problem Solving; Psychological Needs; Self Control; Stress Management; Stress Variables
IDENTIFIERS	Coaching; Emotional Intelligence; Emotional Regulation; Negotiation Processes; *Power Struggles

ABSTRACT

Noting that power struggles between parents and children provide rich opportunities for parents to teach children how to deal with strong emotions and for parents and children to solve problems together, this book provides parents with "emotion coaching" strategies for identifying the emotions and needs that can create daily hassles. Part 1, "A New Perspective on Power Struggles," introduces the concept of emotion coaching and describes how helping children to understand their emotions stops power struggles. Part 2, "Building the Connections," provides information on developing a strong parent-child relationship, built upon a vision of the desired relationship during adolescence and adulthood, and discusses the difficulties in making that connection. Strategies for parental coping, enforcing standards with children, and teaching calming techniques are included. Part 3, "Caring: Knowing Yourself and Your Child," assists parents in identifying emotions that fuel power struggles, and covers temperament triggers, the role of stress and medical factors on behavior, predicting triggers, and diffusing and managing triggers before they pull parents and children into power struggles. Part 4, "Developing Competence: Teaching Life's Essential Skills," explains the normal stages of emotional development and includes tips on teaching children how to motivate and stop themselves, how to be assertive, and how to negotiate. Part 5, "Celebrating the Child Who is More: Caring, Competent, and Connected," provides a brief epilogue, reminding parents to slow down and seize every opportunity for emotional connection with their children. (Contains 23 references). (KB)

Reproductions supplied by EDRS are the best that can be made
from the original document.